PRECOR

Quick Start Card

ENERGY™ SERIES
TRM 211 TREADMILL

WELCOME TO A PERSONALIZED FITNESS EXPERIENCE FOR YOUR HOME

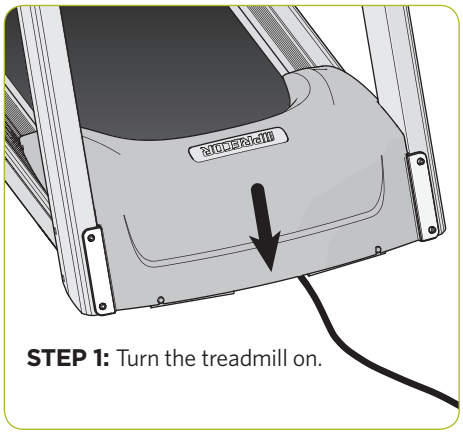
GETTING STARTED
ENERGY SERIES 211 TREADMILL

As you get to know your new Precor treadmill and your own fitness goals, you'll use the advanced features of the treadmill more often. To begin with, though, here's an easy way to start out.

NOTE: These instructions assume that your treadmill has been completely installed and set up.

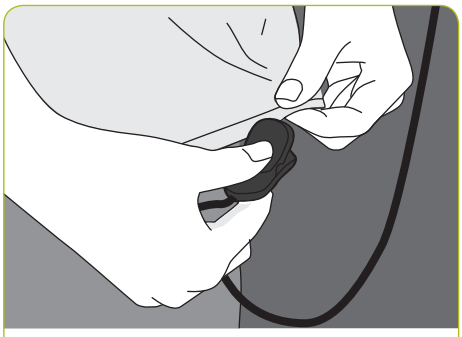
WARNING: Read through ALL of the safety information in the Owner's Manual, and make sure that the treadmill is properly connected to the electrical supply in your house, before you use the treadmill.

TO GET STARTED WITH YOUR NEW PRECOR TREADMILL:

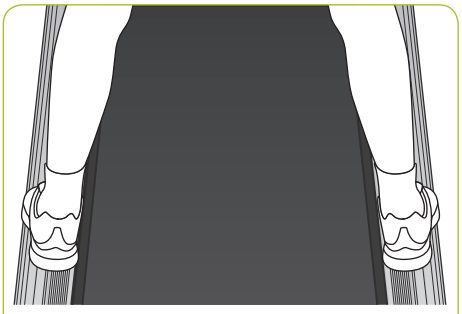


STEP 1: Turn the treadmill on.

STEP 2: Step onto the treadmill.

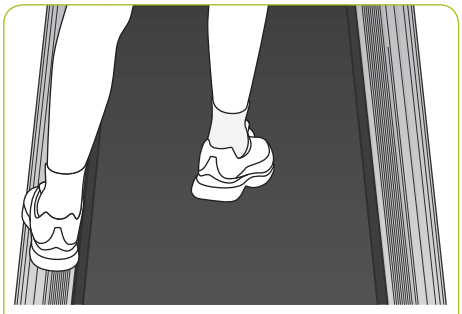


STEP 3: Attach the safety clip securely to your clothing.

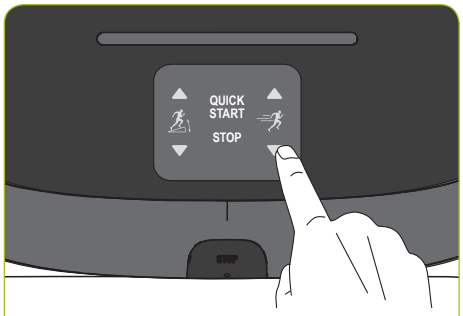


STEP 4: Place one foot on each of the rails on either side of the treadmill belt.

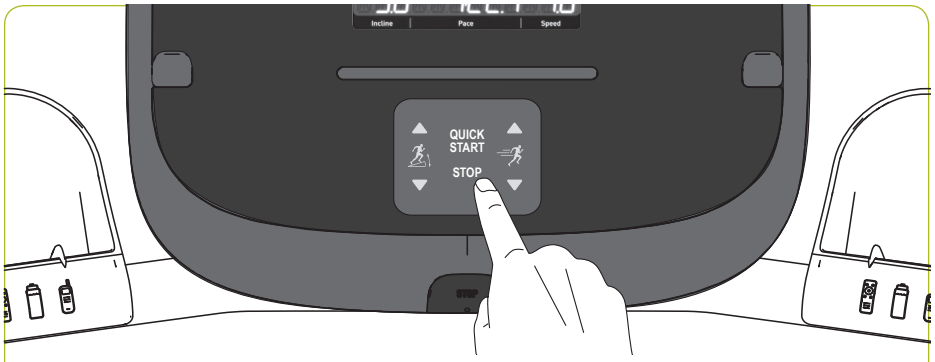
STEP 5: Touch the QUICKSTART key *(manual operation)*.



STEP 6: After the console has displayed its countdown and the belt has started to move, step onto the belt.



STEP 7: Use the controls on the console to adjust the incline angle of the treadmill and the speed of the belt.



STEP 8: If you need to end your workout early, press the STOP key on the console.

Refer to your owner's manual for complete operational instructions and troubleshooting. See reverse for important heart rate information.

CAUTION: *Before beginning any fitness program, see your physician for a thorough examination. Ask your physician about the appropriate target heart rate for your fitness level.*

CHOOSE A PROGRAM

- Determine your level of fitness: beginner, intermediate, or advanced.
- Determine your immediate goal: endurance training, cardio-conditioning, or weight loss.

If you are a beginner, start with a cardio-conditioning program to gradually adjust your body to the demands of exercise. Over a recommended eight-week period, you will increase your endurance and strength.

For all fitness levels, plan to exercise at an appropriately challenging pace for 20 to 30 minutes a day. Wear a chest strap to monitor your heart rate. Supplement your plans with fitness workouts from the Precor web site (www.precor.com). The Precor web site also provides expert advice to help you reach your fitness goals.

MONITOR YOUR HEART RATE

The SmartRate and heart rate displays provide visual cues that help you adjust your fitness routine to reach your goals. Use these features to keep your heart rate within the target zones.

Wear a Chest Strap

During a workout, the heart rate features appear on the display when you wear a chest strap. To receive an accurate reading, the chest strap needs to be in direct contact with your skin. After you put on the chest strap, face the display console for a minimum of 15 seconds. This allows the receiver in the console to recognize the signal from the chest strap.

1. Carefully dampen the back of the strap with tap water (Diagram A).

   IMPORTANT: Do not use deionized water. It does not have the proper minerals and salts to conduct electrical impulses.

2. Adjust the strap and fasten it around your chest. The strap should feel snug, not restrictive (Diagram B).

3. Make sure that the chest strap is right side up, lies horizontally across your chest, and is centered in the middle of your chest (Diagram C).

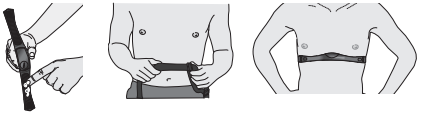


Diagram A *Diagram B* *Diagram C*

When these steps are complete, you are ready to view your heart rate.

Touch-Sensitive Handrail Grips

Several Precor products incorporate touch-sensitive heart rate grips on the handrails. If you prefer to use the touch-sensitive handrail grips, use both hands. Make sure both hands are moist (not dry) and avoid grasping the sensors too tightly.

Note: For the best heart rate monitoring results, wear a chest strap.

SMARTRATE® FEATURES

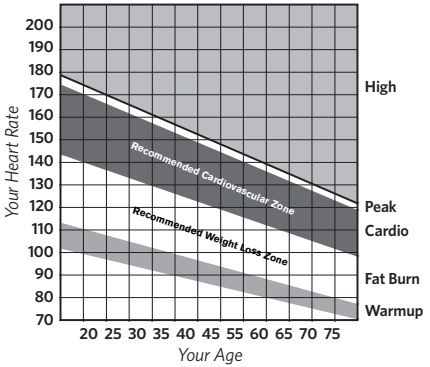
When you begin an exercise session, a blinking segment in the SmartRate display appears if you entered your age during the setup phase. The blinking segment indicates the current zone of your heart rate.

The calculation used for the heart rate target zone is your maximum aerobic heart rate:
(220 minus your age), multiplied by a percentage.

For the ideal weight loss range, your heart rate should remain between 55% and 69% of your maximum aerobic heart rate. To improve your overall cardiovascular and respiratory fitness level, maintain your heart rate between 70% and 85% of your maximum aerobic heart rate. For the greatest benefits, maintain your heart rate in either zone for 30 minutes or more at least three times a week.

CAUTION: Your heart rate should never exceed 85% of your maximum aerobic heart rate or go above your target zone (Diagram D).

Diagram D: Heart Rate Target Zones



COOL DOWN AFTER YOUR WORKOUT

Cooling down is an important aspect of your workout because it helps reduce muscle stiffness and soreness by transporting excess lactic acid out of the working muscles. Cooling down for at least three minutes helps provide a smooth transition that allows your heart rate to return to its normal, non-exercising state.

20031 142nd Avenue NE | P.O. Box 7202
Woodinville, WA USA 98072-4002
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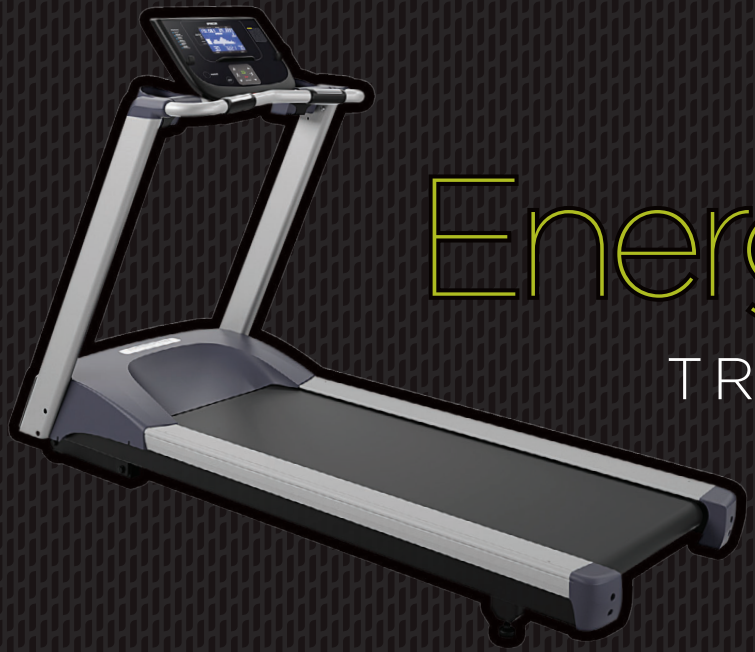
OWNER'S MANUAL PRECOR



Energy™ Series

TRM 211 TREADMILL

WELCOME TO A PERSONALIZED FITNESS EXPERIENCE FOR YOUR HOME

Important Safety Instructions

Read the following precautions thoroughly before using the treadmill, and save them afterward for future reference. These instructions are written for your safety and to protect the unit.

DANGER **To reduce the risk of electrical shock always unplug the treadmill from the electrical outlet immediately after using and before cleaning.**

Safety Precautions

Always follow basic safety precautions when using the treadmill to reduce the chance of injury, fire, or damage. Other sections in this manual provide more details of safety features. Be sure to read these sections and observe all safety notices. These precautions include the following:

- Read all instructions in this guide before installing and using the equipment and follow any labels on the equipment.
- Make sure all users see a physician for a complete physical examination before they begin any fitness program.
- *Il est conseillé de subir un examen médical complet avant d'entreprendre tout programme d'exercise. Si vous avez des étourdissements ou des faiblesses, arrêtez les exercices immédiatement.*
- Do not allow children, or people unfamiliar with the operation of this equipment, on or near it. Do not leave children unsupervised around the equipment.
- Never drop or insert objects into any opening. Keep hands away from moving parts.

- Use care when getting on or off the treadmill. Always grasp the handrail when stepping on the running belt and keep the initial speed at or below 1 mile per hour (mph) or 1 kilometer per hour (kph). Never step off the treadmill while the running belt is moving.
- Do not set anything on the stationary handrails, handlebars, control console, or covers. Place liquids, magazines, and books in the appropriate receptacles.
- Do not rock the unit. Do not lean or pull on the console at any time. Do not stand on the hood.
- Hold onto a stationary handrail or handlebar while assuming the starting position on the equipment.
- On treadmills, straddle the running belt and attach the safety clip to clothing at waist level before touching the control console.

  Important: *For safety, make sure users step onto the running belt while it is moving at or below 1 mile per hour (1.6 kilometers per hour).*
- Hold on to a stationary handrail or handlebar with one hand whenever you operate the console keys with the other hand.
- Before the running belt begins moving (before your workout), and after it stops (at the end of your workout), straddle the belt by placing your feet firmly on the right and left staging platforms.
- Keep your body and head facing forward. Never attempt to turn around on the treadmill.
- The safety clip must be attached at waist level before your workout. A lanyard connects to the magnetic safety key. If you encounter difficulties, a strong tug on the lanyard disengages the magnetic safety key and stops the running belt.
- Do not overexert yourself or work to exhaustion. If you feel any pain or abnormal symptoms, stop your workout immediately and consult your physician.
- When the treadmill is not in use, disconnect the unit by turning the power switch to the Off position, and then remove the power plug from the power outlet.

- Make sure all users wear proper exercise clothing and shoes for their workouts and avoid loose or dangling clothing. Users should not wear shoes with heels or leather soles, and they should check the soles of their shoes to remove any dirt and embedded stones. They should also tie long hair back.
- Never leave the equipment unattended when it is plugged in. Unplug the equipment from its power source when it is not in use, before cleaning it, and before providing authorized service.

  Note: The optional power adapter is considered a power source for self-powered equipment.
- Use the power adapter provided with the equipment. Plug the power adapter into an appropriate, grounded power outlet as marked on the equipment.
- Care should be taken when mounting or dismounting the equipment.
- Read, understand, and test the emergency stop procedures before use.
- Keep the power cord or optional power adapter and plug away from heated surfaces.
- Route power cables so that they are not walked on, pinched, or damaged by items placed upon or against them, including the equipment itself.
- Ensure the equipment has adequate ventilation. Do not place anything on top of or over the equipment. Do not use on a cushioned surface that could block the ventilation opening.
- Assemble and operate the equipment on a solid, level surface.
- Proper Location for Equipment
  - For all equipment other than treadmills: Locate at least 40 inches (1 meter) away from walls or furniture on either side of the equipment, and 40 inches (1 meter) away from objects behind the equipment.
  - For treadmills: Locate at least 40 inches (1 meter) away from walls or furniture on either side of the treadmill, and at least 80 inches (2 meters) away from objects behind the treadmill.
- Keep equipment away from water and moisture. Avoid dropping anything on or spilling anything inside the equipment to prevent electric shock or damage to the electronics.

- Do not operate electrically powered equipment in damp or wet locations.
- Never operate this equipment if it has a damaged cord or plug, if it is not working properly, or if it has been dropped, damaged, or exposed to water. Call for service immediately if any of these conditions exist.
- Maintain the equipment to keep it in good working condition, as described in the Maintenance section of the assembly and maintenance guide. Inspect the equipment for incorrect, worn, or loose components, and then correct, replace or tighten prior to use.
- If you plan to move the equipment, obtain help and use proper lifting techniques. Refer to the "Moving the Equipment" section of the assembly and maintenance guide.
- Use the equipment only for its intended purpose as described in this manual. Do not use accessory attachments that are not recommended by Precor. Such attachments may cause injuries.
- Do not operate the equipment where aerosol (spray) products are being used or where oxygen is being administered.
- Do not use outdoors.
- Do not attempt to service the equipment yourself, except to follow the maintenance instructions in this manual.

CAUTION: DO NOT remove the cover, or you may risk injury due to electric shock. Read the assembly and maintenance guides before operating. There are no user-serviceable parts inside. Contact Customer Support if the equipment needs servicing. For use with single phase AC supply only.

Safety Approval

When identified with the ETL-c logo, the unit has been tested and conforms to the requirements of CAN/CSA-E-335-1/3-04, EN 60335-1: 2002 Safety of Household and Similar Electrical Appliances.

Grounding Instructions

The treadmill must be grounded. If the unit malfunctions or breaks down, grounding provides a path of least resistance for electric current, which reduces the risk of electrical shock. The unit is equipped with a power cord having an equipment-grounding conductor and a grounding plug. The plug must be inserted into an outlet that is properly installed and grounded in accordance with all local codes and ordinances. Failure to properly ground the treadmill could void the Precor Limited Warranty.

DANGER **Improper connection of the equipment-grounding conductor can result in a risk of electric shock. Check with a qualified electrician or service person if you are in doubt as to whether the unit is properly grounded. Do not modify the plug provided with the treadmill. If it does not fit the outlet, get a proper outlet installed by a qualified electrician.**

Hazardous Materials and Proper Disposal

The batteries within self-powered equipment contain materials that are considered hazardous to the environment.

Federal law requires proper disposal of these batteries. If you plan to dispose of your equipment, contact Precor Commercial Products Customer Support for information regarding battery removal (refer to *Obtaining Service*).

Product Recycling and Disposal

This equipment must be recycled or discarded according to applicable local and national regulations.

Product labels, in accordance with European Directive 2002/96/EC concerning waste electrical and electronic equipment (WEEE), determine the framework for the return and recycling of used equipment as applicable throughout the European Union. The WEEE label indicates that the product is not to be thrown away, but rather reclaimed upon end of life per this Directive.

In accordance with the European WEEE Directive, electrical and electronic equipment (EEE) is to be collected separately and to be reused, recycled, or recovered at end of life. Users of EEE with the WEEE label per Annex IV of the WEEE Directive must not dispose of end of life EEE as unsorted municipal waste, but use the collection framework available to customers for the return, recycling, and recovery of WEEE. Customer participation is important to minimize any potential effects of EEE on the environment and human health due to the potential presence of hazardous substances in EEE (refer to *Obtaining Service*).

Regulatory Notices for Cardiovascular Exercise Equipment

The regulatory information in this section applies to the exercise equipment and its control console.

Safety Approvals for Cardiovascular Equipment

Precor equipment has been tested and found to comply with the following applicable safety standards.

Cardiovascular Type Equipment:

CAN/CSA, IEC 60335-1 (Household and similar electrical appliances - Safety)

Radio Frequency Interference (RFI)

Federal Communications Commission, Part 15

The treadmill has been tested and found to comply with the limits for a Class B digital device, pursuant to Part 15 of the FCC Rules. These limits are designed to provide reasonable protection against harmful interference in a residential installation. The treadmill generates, uses, and can radiate radio frequency energy and, if not installed and used in accordance with the owner's manual instructions, may cause harmful interference to radio communications.

WARNING **Per FCC rules, changes or modifications not expressly approved by Precor could void the user's authority to operate the equipment.**

Canadian Department of Communications

This digital apparatus does not exceed the Class B limits for radio noise emissions from digital apparatus set out in the Radio Interference Regulations of the Canadian Department of Communications.

Le présent appareil numérique n'émet pas de bruits radioélectriques dépassant les limites applicables aux appareils numériques de la class B prescrites dans le Réglement sur le brouillage radioélectrique édicté par le ministére des Communications du Canada.

ATTENTION: Haute Tension
Débranchez avant de réparer

Electrical Recommendations: 120 V Treadmills

Note: This is a recommendation only. NEC (National Electric Code) guidelines or local region electric codes must be followed.

CAUTION: Use the supplied and appropriate power cord. Do not remove or otherwise bypass the 3-prong plug with an adapter in order to use a non-grounded outlet. Do not plug the treadmill into a power transformer in an attempt to adjust the voltage requirements. Failure to follow these instructions might damage the unit and will void the Precor Limited Warranty. If an appropriate cord for your location was not included with your treadmill, please contact your Precor dealer for the proper Precor power cord. For more information on authorized Precor dealers in your area, please contact Customer Support at www.precor.com.

You should have received a power cable that meets your local electrical code requirements along with the equipment. Precor treadmills must be connected to a dedicated individual branch circuit with a capacity of at least 15 amps. If you need additional help with the power connections, contact your Precor authorized dealer.

Obtaining Service

You should not attempt to service the treadmill except for maintenance tasks as described in this manual. The treadmill does not contain any user-serviceable parts that require lubrication. For information about product operation or service, see the Precor web site at www.precor.com.

For future reference, write the model, serial number, and date of purchase for your unit in the space provided. The serial number is printed on a label located on the front panel, near the power cord. Refer to the following figure.

Model #: _____ Serial #: _____

Date purchased: _____

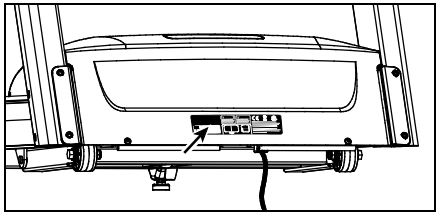


Figure 1: Location of serial number

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Treadmill Safety Features

The treadmill is equipped with certain items that, when used properly, help sustain an enjoyable workout. These items include:

- Safety clip and magnetic safety key
- Handrails
- Power switch

Important: *Before exercising, review the safety instructions at the beginning of this manual (refer to* Important Safety Instructions*).*

Using the Safety Clip

Attach the safety clip to your clothing before each workout, as shown in the following figure. A tug on the lanyard disengages the magnetic safety key and trips the safety power switch inside the display console that stops the running belt and ends your exercise session.

Note: If the safety power switch trips, the treadmill does not retain your workout statistics.

To resume exercising, take the following steps:

1. If needed, reattach the safety clip to your clothing and the magnetic safety key onto the display console.
2. Straddle the running belt.
3. Press QUICKSTART or select a program.

4. Hold onto a handrail while you step on to the running belt with the speed at or below 1 mph (1.6 kph).

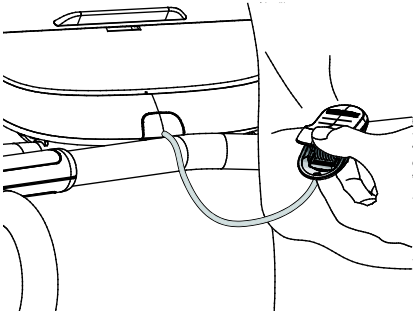


Figure 2: Attaching the safety clip to your clothing

Important: *To prevent unauthorized use, remove the magnetic safety key and safety clip after your workout and store it in a safe place. The treadmill cannot operate unless the magnetic safety key is attached to the display console.*

Using the Handrails

To maintain your balance, always grasp a handrail when you step on or off the treadmill, and when you use the keypad.

The treadmill is also equipped with touch-sensitive heart rate grips that you can use to measure your heart rate during your workout (refer to *Heart Rate Features*).

Turning the Unit On and Off

To turn the unit On and Off, use the power switch located at the front of the unit, near the power cord connection. The following figure shows the location of the power switch.

Important: *Always turn the treadmill OFF and unplug the treadmill when it is not in use. Do not leave children unsupervised around the equipment.*

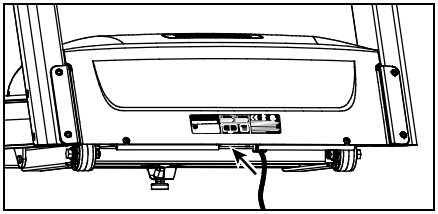


Figure 3: Power switch location

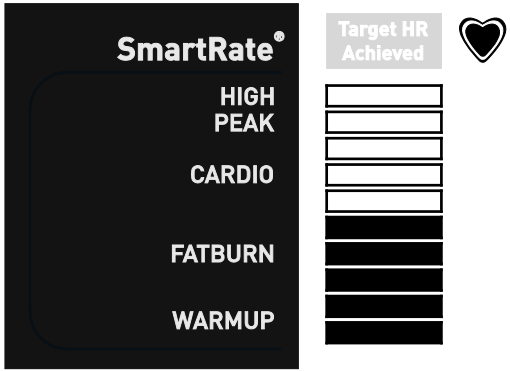
Using the Reset Switch

The treadmill contains a circuit breaker that trips if it detects overload conditions. To protect the lower electronic boards from damage, a red button, near the power switch, must be pressed to reset the circuit breaker (refer to *Advanced Programming and Troubleshooting*).

Location

To prevent damage to the lower unit, locate your treadmill away from heating ducts. For safety and maintenance purposes, it is important to keep the area around the treadmill open and free from encumbrances such as other equipment. Locate at least 40 inches (1 meter) away from walls or furniture on either side of the treadmill, and at least 80 inches (2 meters) away from objects behind the treadmill.

Heart Rate Features



Heart rate and SmartRate® features are available when you grasp both touch-sensitive heart rate grips. As long as the treadmill can detect your heartbeat, the heart icon continues to blink. If the treadmill does not detect your heart rate, the outline around the heart icon remains lit and does not blink. During a workout, a number representing your heart rate appears on the console.

Important Use and Safety Information

Read the following before using the heart rate or SmartRate features.

CAUTION: Before beginning any fitness program, see your physician for a thorough physical examination. Seek advice from your physician to learn the target heart rate appropriate for your fitness level. Your heart rate should never exceed 85% of your maximum aerobic heart rate. If it does, immediately slow down and adjust the ramp incline or resistance to return to your physical recommended target zone.

- Consult your physician before engaging in any vigorous exercise. Do not use the heart rate programs until authorized by your physician.
- Know your heart rate and your physician-recommended heart rate target zone. Individual heart rates vary according to several physiological factors and may not correspond directly with standardized guidelines.

- The calculation used for the heart rate target zone is (220 minus your age) multiplied by a percent and is controlled by the user increasing or decreasing the incline. For example:
  - Fat Burn program: (220 minus your age) multiplied by 65%
  - Cardio program: (220 minus your age) multiplied by 80%

  Additional information about calculating your heart rate is available later in this chapter (refer to *Using SmartRate*).
- If you prefer to use the touch-sensitive heart rate grips, grasp both touch-sensitive heart rate grips and wait five to ten seconds. Make sure both hands are moist.

  Note: When a signal is detected, a number appears in the HEART RATE display and indicates your heart rate.
- Always face forward on the treadmill and use the handrail for balance. Keep upper body movement to a minimum.

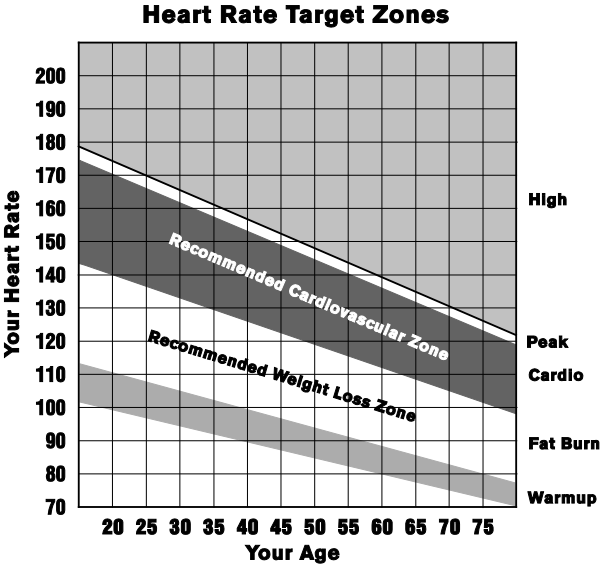


Figure 4: Heart rate target zones

Using the Touch-Sensitive Heart Rate Grips

The treadmill console incorporates a heart rate receiver so that you can monitor your heart rate while exercising. If you grasp both touch-sensitive heart rate grips, your heart rate (in beats per minute) appears on the display.

You can monitor your heart rate at any time during your workout if you grasp the touch-sensitive heart rate grips. When you enter your age during the setup prompts, the SmartRate display provides a visual cue that helps you stay within your preferred heart rate target zone.

Important: *Enter your age when the treadmill prompts you. If you do not, the information on the SmartRate display will not be accurate.*

The touch-sensitive grips are located on the treadmill's handlebars, as shown in the following figure. To allow the treadmill to monitor your heartbeat, place the palms of your hands directly onto the metal heart rate sensors on the grips.

To ensure a more accurate heart rate readout, follow these tips:

- Grip the sensors with both hands.
- Wait at least 10 seconds for your heart rate to register.
- When gripping the sensors, do not grip tightly. Keep a loose, cupping hold. Holding the grips too tightly can affect the reading.
- As you work out, your perspiration will help transmit your heart rate signal. If you have difficulty using the touch-sensitive grips to determine your heart rate, try the sensors again later in the workout to see if you can obtain a heart rate signal.

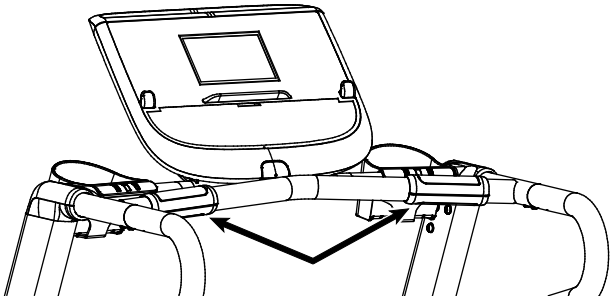


Figure 5: Touch-sensitive heart rate grips

Using SmartRate

The SmartRate feature helps you monitor and maintain your heart rate in the target zone best suited to your specific needs.

After you begin a workout, a blinking bar appears on the SmartRate display. The blinking bar indicates the current zone of your heart rate.

Important: *To use the SmartRate feature, you must choose a program and enter your age during the setup phase of your exercise session.*

The following table shows the percentages used in calculating the heart rate target zones. While your heart rate remains within these zones, the corresponding bar blinks and provides a visual cue.

The calculation used to determine your maximum aerobic heart rate is (220 minus your age). When you multiply it by the percent indicated in the table, you can understand the relationship between the blinking SmartRate bar and your target heart rate.

Table 1. Heart rate target zones and SmartRate LEDs

Heart Rate Zone Percent	SmartRate Bars Lit	Blinking	Target Zone
Below 50	none	First	WARMUP
50 to 54	First	Second	WARMUP
55 to 59	Second	Third	FATBURN
60 to 64	Third	Fourth	FATBURN
65 to 69	Fourth	Fifth	FATBURN
70 to 74	Fifth	Sixth	CARDIO
75 to 79	Sixth	Seventh	CARDIO
80 to 84	Seventh	Eighth	CARDIO
85 to 87	Eighth	Ninth	PEAK
Above 87	Ninth	Tenth	HIGH

The SmartRate indicator lights do not appear when:

- You use the QUICKSTART button to start your workout.
- You do not enter your age before starting your workout.
- You do not maintain your grasp on both touch-sensitive heart rate grips for at least ten seconds.

Heart Rate Analysis

Every time you complete a program using the touch-sensitive heart rate grips, your average heart rate appears along with your workout summary statistics. The heart rate analysis is based on all of the heart rate measurements the treadmill is able to complete while you are exercising.

Display Console

The following diagram and table describe the main components of the treadmill console. Use the console controls to enter your workout session selections, to affect what appears on the display, and to establish your incline and speed preferences.

1. **SMARTRATE DISPLAY:** Blinking horizontal bars appear when the SmartRate feature is activated. Use the SmartRate display to monitor your heart rate and maintain it in your target zone (refer to *Using SmartRate*).

2. **PROGRAMS:** Every time you press this key the display cycles through the following available workouts:

   - Manual (P1)
   - Weight Loss (P2)
   - Interval (P3)
   - Hill Climb (P4)
   - Walk (P5)
   - Fun Run (10K; P6)

   These programs are described in more detail later in this manual (refer to *Programs*).

   After you have selected a program, its profile appears in the center display and its program number appears just below the profile.

3. **QUICKSTART:** Press QUICKSTART to start your workout immediately using the Manual Program (refer to *Choosing QUICKSTART*).

4. **ENTER:** Use this key to confirm responses to specific prompts.

5. **INCLINE:** Press and hold the INCLINE arrow keys to increase or decrease the incline from 0% to 15% in 0.5% increments.

   Changes to the incline are not immediate. It takes time for the lift to reach the target incline shown on the display.

   The incline setting affects the column height in the program profile (refer to *More Information about the Center Display*). The INCLINE display shows the new setting.

6. **SPEED:** Press and hold the SPEED arrow keys to increase or decrease the running belt speed in 0.1 increments from 0.5 to 12 mph (0.8 to 20 kph).

   When you press the arrow keys, a target speed appears in the display. The running belt speed changes to meet the target, but the change occurs gradually so the transition is smooth.

7. **STOP:** A firm tap on the red STOP key slows the running belt to a stop and the treadmill enters pause mode. To resume, press QUICKSTART or the SPEED up arrow key. To reset to the banner, hold the red STOP key for a few seconds or press it two more times (refer to *Pausing During a Workout or the Cool-Down Period*).

8. **CENTER DISPLAY:** Initially shows the banner. It changes to the program profile when you select a program or press QUICKSTART. A blinking column in the profile indicates your position.

9. **WORKOUT STATISTICS:** Your heart rate, calories burned, distance traveled, and workout time appear along the upper portion of the display.

10. **LOWER DISPLAY:** While you exercise, three sets of numbers shown information about your session. When you complete a program, the average incline, average pace, and average speed appear as part of the workout summary.

More Information about the Center Display

The center display shows the program profile and other information pertinent to your workout. In most programs, the incline setting affects the column height as shown in the following figure. The profile raises or lowers according to which INCLINE arrow key is pressed.

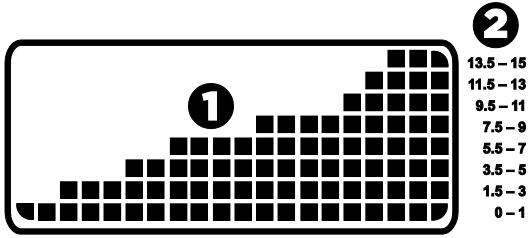


Figure 6: Column height (1) and incline (2) settings

As you continue your exercise session, a blinking column indicates your position in the program. If the profile is only one row in height, then markers (•••:•••) appear occasionally and provide a sense of movement through the program.

Note: The center display provides a matrix consisting of 8 rows and 20 columns. You can determine the duration of each column in a program (if the workout time is less than 20 minutes) by dividing the program's time limit by 20. If the workout time is greater than 20 minutes, each column represents 1 minute.

More Information about the Workout Statistics and the Lower Display

The lower display presents the program name when you first select a program. During an exercise session, the lower display consists of three windows, which automatically provide specific information. The two outside windows display your incline and speed. The center window shows your pace. The numbers that appear relate to your workout statistics and are described below.

On occasion, the lower display becomes a message bar and shows additional information depending on user selections and program interludes.

Upper Display Workout Statistics: HEART RATE, CALORIES, DISTANCE, and TIME

HEART RATE—Your heart rate appears in the HEART RATE display if you are using the touch-sensitive heart rate grips (refer to *Heart Rate Features*).

CALORIES—Tracks the cumulative number of calories being burned.

DISTANCE—Tracks linear distance in either miles or kilometers. The distance is calculated based on your speed.

TIME—Displays the workout time in minutes and seconds; however, when you exceed 60 minutes during a single workout, the TIME display converts to hours and minutes. For programs with a workout time limit, the TIME display shows the time remaining. When you use QuickStart or select a workout time of zero (no time limit), the TIME display shows the elapsed time.

Lower Display Workout Statistics: INCLINE, PACE, and SPEED

INCLINE—Displays the percentage of incline during your workout. The INCLINE arrow keys affect the lift and let you set an incline between 0% and 15%. The values displayed can change in 0.5% increments.

PACE—Displays your target speed in minutes and seconds per mile (or kilometer). For example, the number **4:23** indicates that the pace (speed at which you are moving) is 4 minutes and 23 seconds per mile. When you press the SPEED arrow keys, the pace display changes accordingly (0.1 mile per key press).

Note: If your pace is greater than 60 minutes per mile, the display indicates hours and minutes (hr:mm).

SPEED—Displays the running belt speed in miles per hour (mph) or kilometers per hour (kph). The running belt speed ranges from 0.5 and 12 mph (0.8 to 20 kph) and can be changed in 0.1 increments using the SPEED arrow keys.

Workout Options

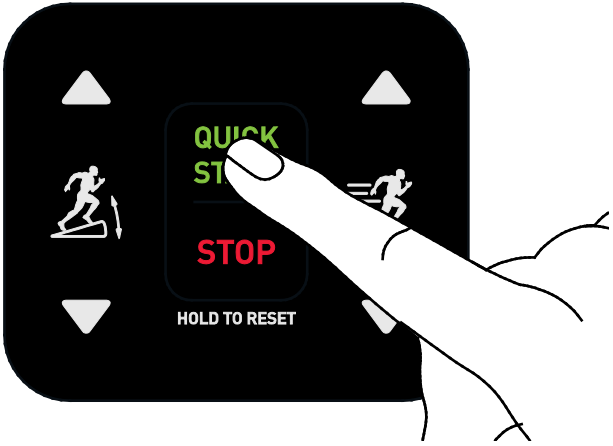
CAUTION: Before beginning any fitness program, see your physician for a complete physical examination. Know your physician-recommended heart rate target zone.

Important: *Before exercising, review the safety instructions at the beginning of this manual (refer to* Important Safety Instructions*).*

1. Insert the magnetic key into the display console.
2. Straddle the running belt.
3. The message CHOOSE QUICKSTART OR PROGRAM TO BEGIN scrolls across the lower display.
4. Hold on to a handrail while stepping on to the treadmill.
5. Face the display and straddle the running belt by placing your feet on the trim strips provided.
6. Attach the safety clip to your clothing.
7. Grip a handrail with one hand to steady yourself.
8. Select one of the following options.

If you want ...	*Then press ...*
To start exercising immediately	QUICKSTART (refer to *Choosing QUICKSTART*)
To select your workout from a list	PROGRAMS (refer to *Programs*)

Choosing QUICKSTART



1. While the banner scrolls, press QUICKSTART to enter the Manual Program as a guest user.

   When you use the QUICKSTART key, you enter the MANUAL program as a guest user. There is no time limit and weight and age are set to default values. Each column in the program's profile represents one minute.

QUICKSTART applies the following defaults:

Prompts	Default Value
Program	Manual
Time	Unlimited
Weight	150 lb (68 kg)
Age	35

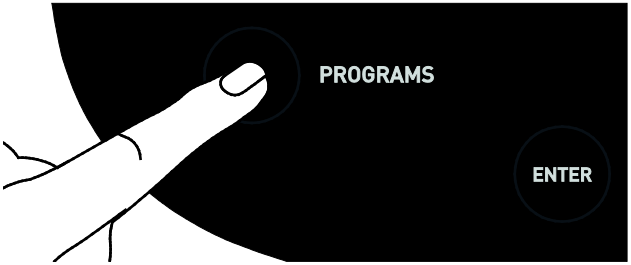
2. Hold onto a handrail and straddle the running belt.

   BELT STARTING scrolls across the display. A 3-second countdown appears in the upper display, and then the running belt starts moving.

3. Step on to the running belt with the speed at or below 1 mph (1.6 kph) and begin exercising. Use the SPEED arrow keys to increase or decrease the speed of the running belt.

   To use the SmartRate feature, you need to specify your age (refer to *Selecting a Program*).

Selecting a Program



1. While the banner prompt scrolls, continually press the PROGRAMS key to review the list of programs (refer to *Programs*).
2. ENTER TIME appears in the display and the Guest bar is highlighted which indicates that your preferences in workout time, weight, and age will not be saved to memory. Use the arrow keys to select a program time between 0 and 90 minutes. Accept the displayed entry by pressing ENTER.

   Each column in the program's profile represents one minute.
3. Continue through the setup phase and enter your weight (23—350 lbs/10—159 kg) and then your age (10—99).

   Note: To change a value (program, weight, or age) that you have already entered press STOP/HOLD TO RESET or wait 30 seconds to return to the banner. Select a program and reenter the appropriate values.
4. Hold onto a handrail and straddle the running belt.

   BELT STARTING scrolls across the display. A 3-second countdown appears, and then the running belt starts moving.
5. Step on to the running belt with the speed at or below 1 mph or 1 kph and begin exercising. Use the SPEED arrow keys to increase or decrease the speed of the running belt.

   Important: *As a GUEST user, you can press QUICKSTART at any of the setup prompts: ENTER TIME, ENTER WEIGHT, or ENTER AGE. Default settings are applied to any prompts you skipped and the running belt starts moving after a 3-second countdown.*

Cooling Down After a Workout

Incorporate a cool-down period into your workout to help lower your heart rate and minimize muscle stiffness or soreness.

When you complete a program with a time or distance limit, you automatically enter a 5-minute cool-down period. The running belt slows by about 20% and the incline returns to 0% grade and the Manual Program appears. To readjust the speed or incline, press the SPEED or INCLINE arrow keys.

A workout summary appears at the end of the cool-down period (refer to *Ending a Workout*).

Important: *If you exit a program before completing it, the cool-down period is bypassed.*

To prematurely end the cool-down period, do the following:

1. Grasp a handrail with one hand.
2. Press the red Stop key with your other hand. The treadmill enters pause mode.
3. Press the red Stop key again to view the workout summary.
4. Press the red Stop key a third time to return to the banner.

Important: *Hold on to a handrail extension. Step off the treadmill when the lift has stopped moving.*

Pausing During a Workout or the Cool-Down Period

Press the red Stop key to pause anytime during a workout or during a cool-down period. The pause mode has a 10-minute time limit. The display posts the time and counts down the minutes that remain. If you do not resume exercising within the time limit, the display returns to the banner.

1. To pause, press the red STOP key.

   The display indicates the amount of time remaining in pause mode.
2. To resume exercising from pause mode, press QUICKSTART or the SPEED up arrow key.

   MPH or KPH appears briefly in the SPEED display and indicates whether the display is showing data in U.S. standard or metric measurements.
3. Adjust the running belt speed using the SPEED arrow keys.

Ending a Workout

CAUTION: Hold on to a handrail when you near the end of your exercise session. The incline automatically recalibrates to a 0% grade. If the lift is moving, wait until it stops before stepping off the treadmill.

The running belt stops when you complete the automatic cool-down period and you hear a series of audible beeps. After the running belt stops, time stops accruing.

The workout summary shows your cumulative workout statistics including warm-up and cool-down periods. You can review your workout statistics for a few seconds before the display automatically resets to the banner.

The cumulative statistics in calories, distance and time appear and blink in the upper display fields. Your average heart rate also appears.

Along the lower display, the average incline, average pace, and average speed you maintain during your workout display.

If you choose to exercise with no set time limit, you must manually end a program by pressing the red STOP key. You can also press the SPEED down arrow until the speed is reduced to zero and the running belt stops.

To stop the running belt or end an exercise session at any time, do the following:

1. Grasp a handrail with one hand.
2. Press the red STOP key with your other hand. The treadmill enters pause mode.
3. Press the red STOP key again to view the workout summary.
4. Press the red STOP key a third time to return to the banner.

Important: *Always turn Off and unplug the treadmill when it is not in use. Never leave children unsupervised around the treadmill.*

Programs

This section describes the programs available on the treadmill.

CAUTION: Consult your physician to determine the appropriate target heart rate for your age and fitness level. Your heart rate should never exceed 85% of your maximum aerobic heart rate. Your maximum heart rate is equal to 220 minus your age.

The program descriptions are presented in menu selection order.

Choosing a Program

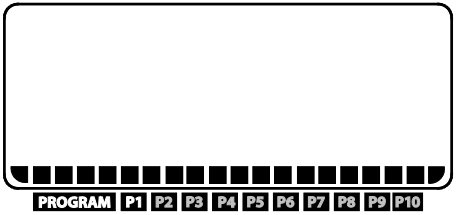
Choosing a program depends on your goals. If you are a beginner or returning to regular exercise, you can start a cardio-conditioning program to slowly return your body to a comfortable level of exercise. If you have been exercising and feel that you have an intermediate or advanced fitness level, you probably have established goals. The Precor web site (www.precor.com) can give you many ideas about fitness workouts and advice from the experts.

Several exercise choices on the treadmill are pre-programmed with recommendations for incline levels, pace, and alternating intervals. You always have the option to override the suggested levels.

Program Tips

- Begin at the Precor banner (refer to *Workout Options*).
- A blinking column indicates your position as you progress through a program.
- To use the SmartRate feature, you need to specify your age and hold on to the touch-sensitive heart rate grips (refer to *Using SmartRate*).
- To exercise indefinitely in any program, an unlimited exercise time setting may be an available option (refer to *Selecting a Program*).
- If your level of exertion becomes too great, reduce your pace or change the incline using the SPEED or INCLINE arrow keys to override each upcoming column in the program profile.
- To pause during a program, press the red STOP key (refer to *Pausing During a Workout or the Cool-Down Period*).
- When you complete a program that contains a time limit or specified distance, the automatic cool-down period begins (refer to *Cooling Down After a Workout*).
- Cumulative workout statistics appear when you end your exercise session (refer to *Ending a Workout*).

Manual Program

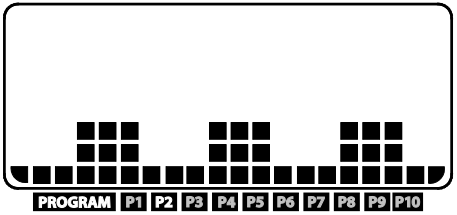


The Manual Program profile, available by pressing the MANUAL key, begins as a flat line. You control incline and speed settings using the INCLINE or SPEED arrow keys. The program profile reflects changes in all subsequent columns. The blinking column indicates your position in the program. A cool-down period occurs automatically when you reach the time goal set for the program (refer to *Selecting a Program*).

Note: An exception to the cool-down period exists (refer to *Advanced Programming and Troubleshooting*).

To use the SmartRate feature, you need to specify your age during the setup prompts.

Weight Loss Program



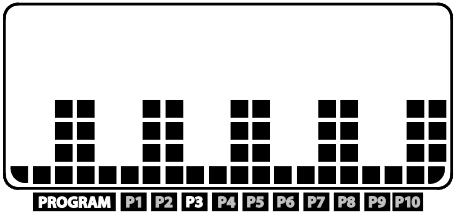
With the Weight Loss Program, the profile width and number of intervals being displayed is affected by the workout time. The workout time is fixed at 28 minutes, so you are not prompted for a workout time.

During the Weight Loss Program, your heart rate should be in the FatBurn range, between 55% and 70% of your maximum aerobic heart rate. Set a comfortable pace and adjust the speed and incline to meet the target range (refer to *Heart Rate Features*).

Note: To view the heart rate and SmartRate features, you must enter your age during setup and grasp the touch-sensitive heart rate grips.

Use the INCLINE arrow keys to change the incline for the rest or work interval. When you make changes, the software repeats the settings for the remaining intervals. When you complete the program, any changes made to the incline or speed settings are not saved.

Interval Program



The Interval Program is among the best for conditioning your cardiovascular system. The program raises and lowers your level of exertion repeatedly for a specified period of time, as shown in the following figure.

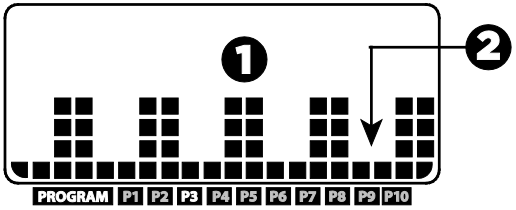


Figure 7: Work (1) and rest (2) profile for Interval program

When you begin the program, the incline is preset. You can change the incline levels using the INCLINE arrow keys, as shown in the following figure. The settings are repeated throughout the program.

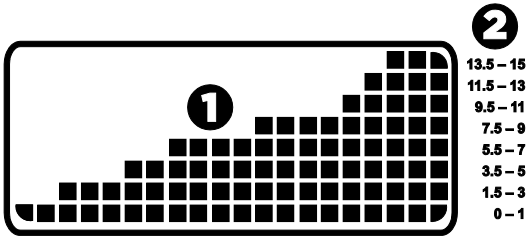
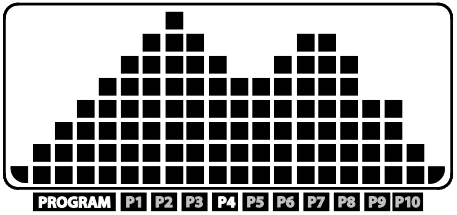


Figure 8: Column height (1) and incline (2) settings

To change a setting, press the appropriate arrow key and continue. The change is applied to the remaining intervals.

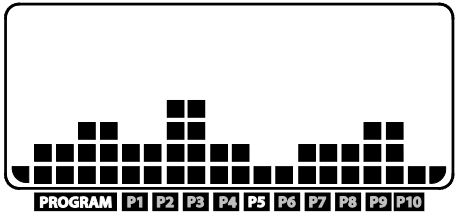
When you complete the program, any adjustments made to the incline settings are not saved.

Hill Climb Program



The Hill Climb Program is great for endurance building. The program uses the full range of incline (0% to 15%). You can change the speed or override pre-programmed inclines using the arrow keys. The blinking column indicates your position in the program. Changes to incline affect only the blinking column.

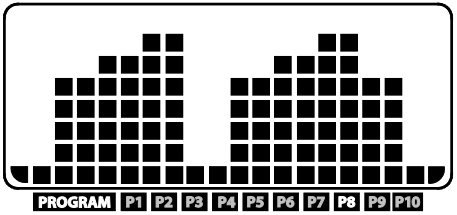
Walk Program



The Walk Program is a great cardio-conditioning program for both beginners and serious walkers. The incline is preprogrammed. The percentage of incline and the frequency with which the columns change determine the level of difficulty.

During your workout, the incline level changes automatically. You can use the INCLINE arrow keys to modify the preset incline settings, and you can also use the SPEED arrow keys to change your speed at any time.

Fun Run Program



The distance for the Fun Run Program is fixed at ten kilometers (6.2 miles) and the incline is preprogrammed. You can change the speed and override the preprogrammed incline using the arrow keys.

As you move through the program, the profile mimics the prior column's incline level unless you change it or the program's time limit is reached. You can override the incline levels at any time by pressing the INCLINE arrow keys.

The running belt's speed is completely under your control. Adjust the speed using the SPEED arrow keys.

The TIME display shows the amount of time you have been exercising. For comparison purposes, record your time to note the changes as you increase your fitness and endurance levels.

Advanced Programming and Troubleshooting

Certain features remain hidden and can only be accessed using special keypresses. Read this section if you want to:

- Change the display to U.S. standard or metric
- View the odometer
- Display the number of hours you have used your treadmill
- View the software versions and part numbers

Advanced Programming Tips

- You have a 2-second window to access diagnostics mode. During this 2-second period, you need to press the appropriate keys quickly and without pause.
- Exit the diagnostics mode by pressing the STOP/HOLD TO RESET key for two or more seconds.
- The advanced programming prompts appear sequentially and in a menu format. Pressing the arrow keys moves you through the programs. Press OK to choose or accept the displayed selection. To return to the banner without saving any changes, press the red STOP key.

Selecting a U.S. Standard or Metric Display

The treadmill can display measurements in either METRIC or U.S. STANDARD. The default factory setting is set to display U.S. STANDARD. To change this setting, perform the following steps:

1. Remove the magnetic safety key.
2. Replace the magnetic safety key and within 2 seconds press the following keys:

   STOP, INCLINE and SPEED
3. UNIT CHANGE appears in the display. Press ENTER to continue or press STOP to return to the banner.
4. If you press ENTER, the current unit of measure (US STANDARD or METRIC) appears in the display.

   Any arrow key lets you alternate between the prompts.

   Note: Changing the display to metric measurements affects the default settings. Distances and the odometer values are converted to and appear in kilometers (KM). Speed appears in kilometers per hour. If you use QUICKSTART, the weight is set at 68 kg.
5. Press ENTER to accept the displayed setting.

   The change will be retained in memory even if the treadmill is turned Off and unplugged.
6. If you want to exit without saving the change, press STOP.

Informational Displays

The treadmill provides information about its use (odometer and hour meter), as well as the software version. In general, you would only access this information if directed to do so by Precor Customer Support.

These instructions guide you through the informational displays.

Viewing the Odometer

1. Remove the magnetic safety key.
2. Replace the magnetic safety key and within 2 seconds press the following keys:

   STOP, INCLINE and SPEED

   Note: If the keys are not pressed within the 2-second window, the banner appears and you must begin again.
3. ODOMETER appears in the display.

   The software version appears in the center display. The odometer value (the cumulative miles or kilometers users have traveled) appears in the DISTANCE display. The furthest digit on the left marks the hundred-thousandths position, while the furthest digit to the right indicates tenths of a mile or kilometer.

   The TIME display provides the hour meter (the number of hours the unit has been in use). If you have not used the treadmill for more than an hour, a zero will appear in the TIME display.
4. To exit without making changes, press STOP.

Red Reset Button

A red button, near the power switch, resets the treadmill's circuit breaker. If the running belt stops unexpectedly and all display console functions cease, the circuit breaker may have been tripped.

To reset the system, take the following steps:

1. Use the power switch beneath the front panel to turn the treadmill Off.
2. Make sure the treadmill is positioned away from heating ducts. If necessary, move the treadmill to an appropriate place (refer to *Location*).
3. Wait a few minutes. Make sure the magnetic safety key is properly positioned on the display console.
4. Push the red reset button, and then turn the treadmill On.
5. Check the display to verify that the Precor banner is scrolling across the display. If the display remains blank, call Precor customer support.

   Important: *You should not attempt to service the treadmill except for maintenance tasks as described in this manual. The treadmill does not contain any user-serviceable parts that require lubrication. For information about product operation or service, see the Precor web site at www.precor.com. For future reference, write the model, serial number, and date of purchase for your unit in the space provided. The serial number is printed on a label located on the front panel, near the power cord (refer to* Obtaining Service*).*

Troubleshooting Error Codes

Initially, when the unit is turned On, the console lights all its LEDs. If any are dark, call an authorized service person for assistance.

The following table shows the error codes that may appear in the display. If you see these error codes, call an authorized service person for assistance because the treadmill needs to be recalibrated.

Important: *You should not attempt to service the treadmill except for maintenance tasks as described in this manual. The treadmill does not contain any user-serviceable parts that require lubrication. For information about product operation or service, see the Precor web site at www.precor.com. For future reference, write the model, serial number, and date of purchase for your unit in the space provided. The serial number is printed on a label located on the front panel, near the power cord (refer to* Obtaining Service*).*

Table 2. Common error codes

Code	Description
E3	EEPROM error.
E26	Speed signal is not being received.
E40	A problem occurred with the lift.

Troubleshooting Heart Rate Issues

The following chart may help you understand and troubleshoot erratic heart rate readings.

Table 3. Erratic heart rate readings

Displayed Text	Cause	What to Do
Nothing	The heart rate circuitry is not operating correctly.	Contact Precor Customer Support (refer to *Obtaining Service*).
— — —	A signal is being detected, but the treadmill requires more information to calculate your heart rate.	Make sure you are holding the touch-sensitive grips firmly, but not tightly. Wait at least ten seconds for your heart rate to appear.

Note: To conduct electrical impulses from a user's heart, the sensors in the touch-sensitive grips must be in contact with the user's skin. Usually, the concentration of salts in a person's perspiration provides enough conductivity to transmit a signal to the receiver in the display console. However, because of body chemistry or erratic heartbeats, some people cannot use the heart rate feature.

Maintenance

It is important to perform the minor maintenance tasks described in this section. Failure to maintain the treadmill as described here could void the Precor Limited Warranty.

DANGER **To reduce the risk of electrical shock, always unplug the unit from its power source before cleaning it or performing any maintenance tasks.**

Inspection

Inspect the treadmill daily.

1. Look and listen for slipping belts, loose fasteners, unusual noises, worn or frayed power cords, and any other indications that the equipment may be in need of service. If you notice any of these, obtain service.

   Important: *If you determine that the treadmill needs service, make sure that the treadmill cannot be used inadvertently. Turn the unit Off, and then unplug the power cord from its power source. Remove the magnetic safety key and safety clip and store it in a safe place. Make sure other users know that the treadmill needs service.*
2. Check for worn, frayed or missing safety lanyards. Replace missing or worn safety lanyards immediately. Do not exercise on the treadmill without attaching the safety clip to your clothing.

To order parts or to contact a Precor authorized service provider in your area, contact Precor Customer Support.

Important: *You should not attempt to service the treadmill except for maintenance tasks as described in this manual. The treadmill does not contain any user-serviceable parts that require lubrication. For information about product operation or service, see the Precor web site at www.precor.com. For future reference, write the model, serial number, and date of purchase for your unit in the space provided. The serial number is printed on a label located on the front panel, near the power cord (refer to* Obtaining Service*).*

Cleaning the Equipment

Most of the working mechanisms are protected inside the hood and base of the treadmill. However, for efficient operation, the treadmill relies on low friction. To keep the friction low, the unit's running belt, staging platforms, and internal mechanisms must be as clean as possible.

Precor recommends the treadmill be cleaned before and after each workout. Use mild soap and water to dampen a soft cloth and wipe all exposed surfaces. This helps remove any dust or dirt.

CAUTION: Do not use any acidic cleaners. Doing so will weaken the paint or powder coatings and void the Precor Limited Warranty. Never pour water or spray liquids on any part of the treadmill. Allow the treadmill to dry completely before using.

Frequently vacuum the floor underneath the unit to prevent the accumulation of dust and dirt, which can affect the smooth operation of the unit. Use a soft nylon scrub brush to clean the running belt.

Storing the Chest Strap

Store the chest strap in a place where it remains free of dust and dirt such as, in a closet or drawer. Be sure to protect the chest strap from extremes in temperature. Do not store it in a place that may be exposed to temperatures below 32° F (0° C).

To clean the chest strap, use a sponge or soft cloth dampened in mild soap and water. Dry the surface thoroughly with a clean towel.

Checking the Alignment of the Running Belt

Proper belt alignment allows the belt to remain centered and ensures smooth operation. Realigning the belt takes a few simple adjustments. If you are unsure about this procedure, call Precor Customer Support.

Important: *You should not attempt to service the treadmill except for maintenance tasks as described in this manual. The treadmill does not contain any user-serviceable parts that require lubrication. For information about product operation or service, see the Precor web site at www.precor.com. For future reference, write the model, serial number, and date of purchase for your unit in the space provided. The serial number is printed on a label located on the front panel, near the power cord (refer to* Obtaining Service*).*

CAUTION: Special care must be taken when aligning the running belt. Turn Off the treadmill while adjusting or working near the rear roller. Remove any loose clothing and tie back your hair. Be very careful to keep your fingers and any other object clear of the belt and rollers, especially in front of the roller and behind the deck. The treadmill will not stop immediately if an object becomes caught in the belt or rollers.

1. The treadmill has adjustable rear feet. Make sure that the running surface is level. If the treadmill is placed on an uneven surface, adjusting the rear feet can help, but will not compensate for extremely uneven surfaces.
2. Turn the unit On.
3. Stand beside the treadmill and press QUICKSTART.

   The running belt starts automatically after a 3-second countdown appears on the display.
4. Press the SPEED up arrow key until the display shows a speed of 3 mph (5 kph).

   CAUTION: If you hear any chafing or the running belt appears to be getting damaged, stop the running belt immediately by pressing the red STOP key. Contact Precor Customer Support.
5. Walk around to the rear of the unit and observe the belt for a few minutes. The belt should be centered on the running belt. If the belt drifts off center, you must make adjustments (refer to *Adjusting the Running Belt*).

   Important: *Failure to align the belt may cause the belt to tear or fray, which is not covered by the Precor Limited Warranty.*
6. To stop the running belt, press the red STOP key.
7. Turn the treadmill Off.

Adjusting the Running Belt

If you are unsure about adjusting the running belt, call Precor Customer Support.

Important: *You should not attempt to service the treadmill except for maintenance tasks as described in this manual. The treadmill does not contain any user-serviceable parts that require lubrication. For information about product operation or service, see the Precor web site at www.precor.com. For future reference, write the model, serial number, and date of purchase for your unit in the space provided. The serial number is printed on a label located on the front panel, near the power cord (refer to* Obtaining Service*).*

CAUTION: For your safety, use the power switch to turn Off the treadmill before making any adjustments. Do not adjust the running belt when someone is standing on the unit.

To adjust the running belt:

1. Locate the right belt adjustment bolt in the rear end cap of the treadmill, as shown in the following figure.

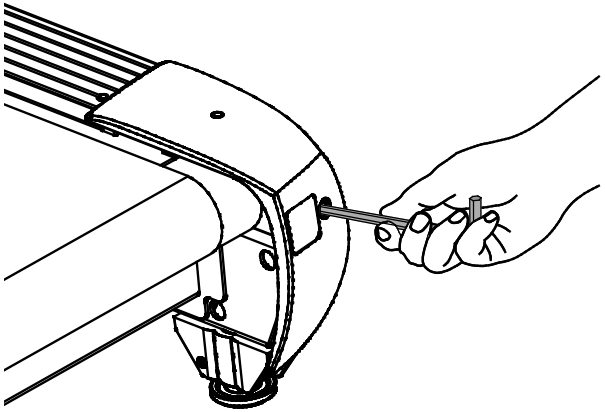


Figure 9: Adjustment bolt location

To determine left and right, stand at the rear of the treadmill and face the display. Make all belt adjustments on the right rear corner bolt using the hex key provided.

- If the belt is off center to the LEFT, turn the adjusting bolt ¼ turn *counterclockwise*, which moves the running belt to the right.
- If the belt tracks off center to the RIGHT, turn the bolt ¼ turn *clockwise*; this moves the belt to the left.

  Important: *Do not turn the adjusting bolt more than ¼ turn at a time. Overtightening the bolt can damage the treadmill.*

2. Recheck the alignment of the belt (refer to *Checking the Alignment of the Running Belt*).

Long-Term Storage

When the treadmill is not in use for any length of time, turn it Off. Make sure that the power cord is unplugged from its power source and is positioned so that it will not become damaged or interfere with people or other equipment.

Notes:

Notes:

TRM 211 Low Impact Treadmill

Product Specifications

Length:	81 in (206 cm)
Width:	32 in (80 cm)
Height:	54 in (137 in)
Weight:	227 lb (103 kg)
Running Surface:	20 in × 57 in (51 cm × 145 cm)
Motor:	3.0 hp continuous duty
Power Requirements:	120 VAC, 60 Hz
Speed Range:	0.5–12 mph (0–20 kph)
Incline Range:	0%–15% grade
Frame:	Powder-coated steel
Regulatory Approvals:	FCC, ETL

Electronic Readouts

Calories	Program Profile
Distance	SmartRate Zone*
Heart Rate*	Speed
Incline	Time Elapsed
Pace	Time Remaining
Program Name	Workout Summary

* Use of touch-sensitive heart rate grips is required.

Product Features

QuickStart™
SmartRate®
Heart Rate Touch Sensors
LCD Display

Programs

Manual	Hill Climb
Weight Loss	Walk
Interval	Fun Run (10 K)

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www.precor.com

NOTICE:
Precor is widely recognized for its innovative, award winning designs of exercise equipment. Precor aggressively seeks U.S. and foreign patents for both the mechanical construction and the visual aspects of its product design. Any party contemplating the use of Precor product designs is hereby forewarned that Precor considers the unauthorized appropriation of its proprietary rights to be a very serious matter. Precor will vigorously pursue all unauthorized appropriation of its proprietary rights.

Precor Incorporated
20031 142nd Ave NE
P.O. Box 7202
Woodinville, WA USA 98072-4002
1-800-347-4404

TRM 211 Owner's Manual
303207-112 rev C, en
September 2014

PRECOR

Assembly Guide

ENERGY SERIES TREADMILLS
MODEL: 211

WELCOME TO A PERSONALIZED FITNESS EXPERIENCE FOR YOUR HOME

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Getting Started

Thank you for choosing Precor. For proper installation, please read this guide thoroughly and follow the assembly instructions. If you do not assemble the treadmill according to these guidelines, you can void the Precor Limited Warranty.

Obtaining Service

Do not service the treadmill except for minor belt adjustments and maintenance tasks as described in the owner's manual. For more information regarding customer support numbers or a list of Precor authorized service dealers, visit the Precor web site at www.precor.com.

Installation Requirements

CAUTION: You will need assistance to assemble this unit. DO NOT attempt assembly by yourself.

Follow these installation requirements when assembling the unit:

- Assemble the unit near the location where you plan to use it and provide ample space around the unit.

  Important: *Consult your owner's manual for proper placement of your equipment.*
- Make sure that the power switch is OFF and that the treadmill is not plugged into a power source. Check the ON/OFF power switch on the front of the treadmill. Place the switch in the O (OFF) position.
- Assemble the treadmill on a solid, flat surface. A smooth, flat surface under the treadmill helps keep it level and a level treadmill will have fewer malfunctions.
- Open the box and assemble the components in the sequence presented in this guide. If you plan to move the unit, obtain help and use proper lifting techniques.

  Important: *Grasp the rear end of the treadmill frame or either side of the base frame. Lift the treadmill and roll it on its front wheels. Do not grasp any other plastic part while lifting or moving the unit. The plastic parts are not reinforced and they may break.*
- Obtain assistance. Ask another capable adult for assistance during the assembly process.
- Use your fingers or the appropriate tools to insert fasteners. Proper alignment helps prevent crossthreading. Do not fully wrench tighten fasteners until instructed to do so.

Unpacking the Equipment

The treadmill is carefully tested and inspected before shipment. The unit is shipped in two boxes. Ask for help from two or more people to unpack and assemble the treadmill. If any items are missing, contact your dealer.

WARNING **Do not attempt to move the equipment by yourself. Have at least one other person help you and use proper lifting techniques.**

To unpack the equipment:

1. Carefully cut and remove all plastic straps that secure the cover on the cardboard box.
2. Lift the cover upward and set it aside.
3. Pull the cardboard or foam spacers away from the equipment and set them aside.
4. Cut all plastic ties securing the equipment in place.
5. Remove the base frame assembly from the container and set it on the floor where you plan to assemble and use the equipment.

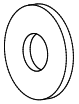
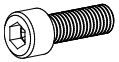
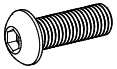
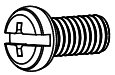
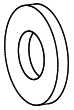
Required Tools

- Phillips-head screwdriver
- 17 mm open-end wrench
- Level
- Wire cutter

Hardware Kit (not to scale)

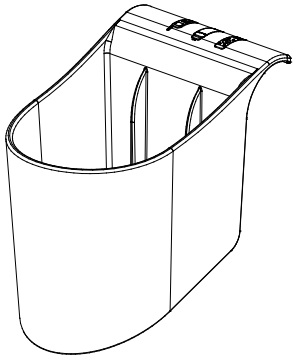
The hardware kit shipped with this equipment contains the fasteners and other hardware components shown in the following table. Before you begin assembly, make sure that your hardware kit is complete. If not, please contact Precor Customer Support.

Table 1. Hardware kit contents

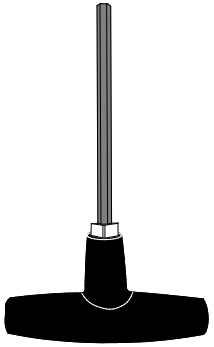
Fasteners		Quantity
	Buttonhead screw (M8 x 15 mm)	10
	Washer (8.4 mm)	14
	Socket head screw (M8 x 15 mm)	4
	Buttonhead screws (M6 x 15 mm)	4
	Washer (6.5 mm)	4
	Buttonhead screw (M5 x 10 mm)	2
	Washer (5.2 mm)	2
	5 mm hex key	1
	4 mm hex key	1

Other Components

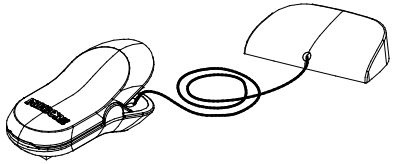
Two water bottle holders



6 mm T-handle hex wrench



Stop key and clip



Assembling the Treadmill

CAUTION: The location of the On/Off switch is beneath the cutout on the base frame. Make sure the power switch is in the Off position. Make sure the power cord is disconnected from its power source.

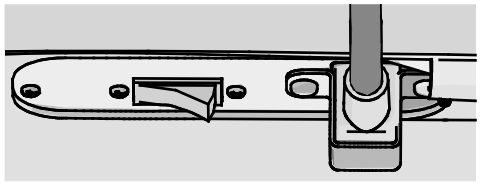


Figure 1: On/Off switch in Off position

Proper alignment and adjustment of the equipment is critical. When you install fasteners, leave room for adjustments. *Do not fully tighten the fasteners until you are instructed to do so.*

The following figure shows the names used in this manual for the major components of the equipment.

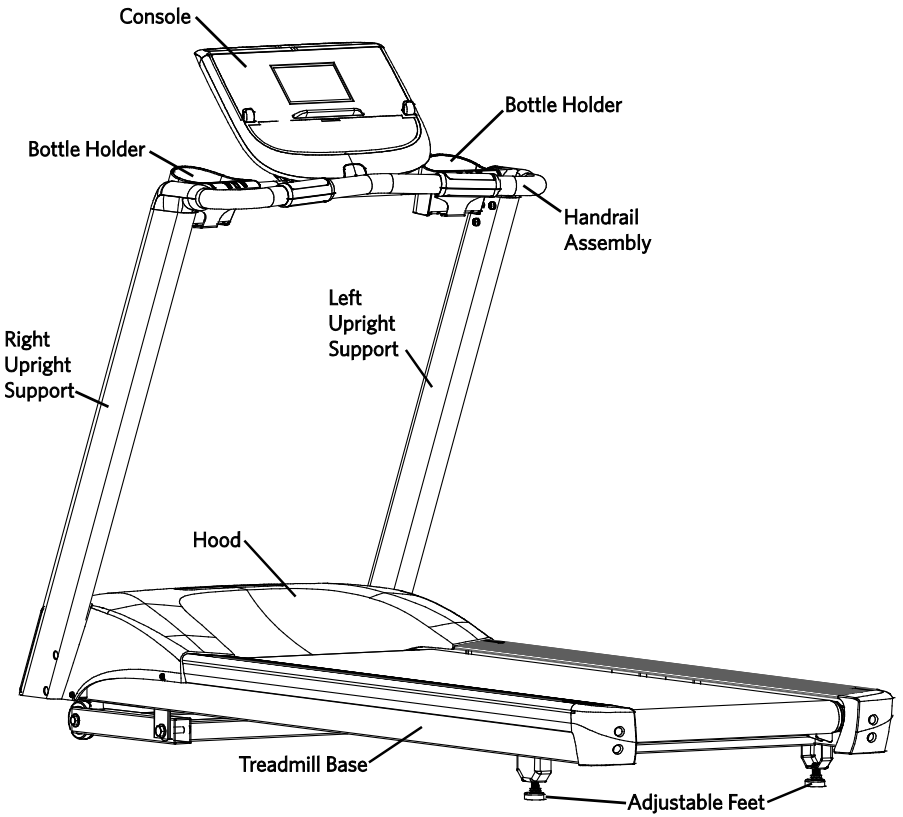


Figure 2: Major components of the treadmill

Assembling the Frame

Important: *Do not force the fasteners into place and do not tighten them completely until instructed to do so. If the head of the fastener is not flush with the head of the product, contact Customer Support at www.precor.com.*

To assembly the frame:

1. Unwind the wire tie from the base of the left upright support and feed it through the large hole.

   Note: The left upright support has a large hole on the inner side of it.
2. Secure the wire tie to the data cable.

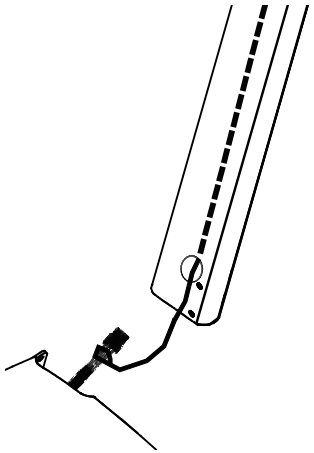


Figure 3: Wire secured to data cable

3. Pull the wire tie and cable through the upright support as you position it against the base frame side bracket.

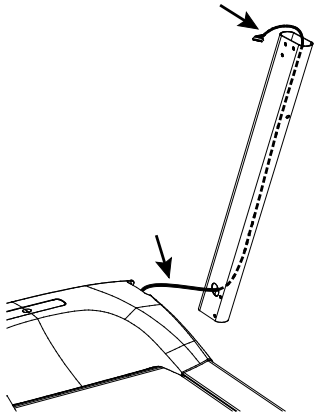


Figure 4: Pull cable through upright

4. Ask your assistant to position the left upright support into the base frame side bracket. Secure the upright support through the two front mounting holes using two M8 x 15 mm buttonhead screws and two 8.4 mm washers. Partially tighten the fasteners.

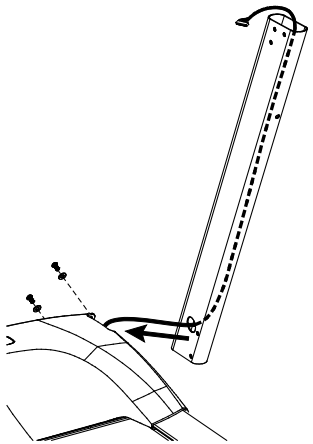


Figure 5: Front mounting holes on upright support

5. The upright support attaches to the base frame side bracket using two M8 x 15 mm socket head screws and 8.4 mm washers. To secure the upright support, place each screw and washer on the 6 mm T-handle hex key and insert it through the cutout in the upright support. Partially tighten so the upright is stable, but leave room for adjustments.

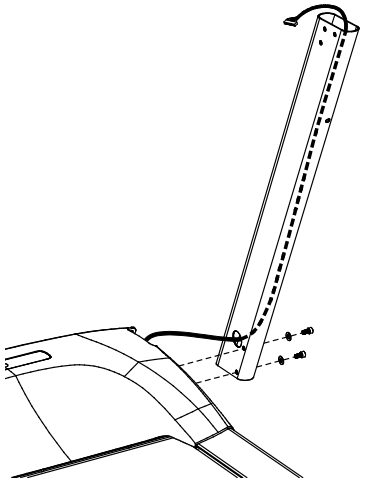


Figure 6: Side mounting holes on upright support

6. Repeat this procedure to attach the right upright support. Partially tighten the fasteners.

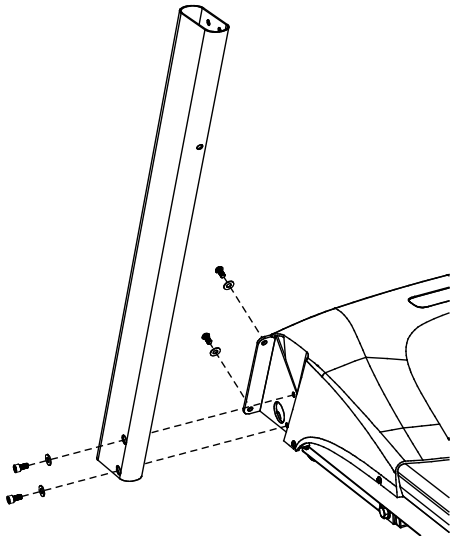


Figure 7: Right upright support attachment

Attaching the Handrail Assembly

The handrail assembly arrives with cables already threaded inside of it. Before attaching the handrail assembly, remove any kinks in the cable.

To attach the handrail assembly:

1. Ask your assistant to hold the handrail assembly while you connect the base unit data cable between the left base support and the left side of the handrail assembly.

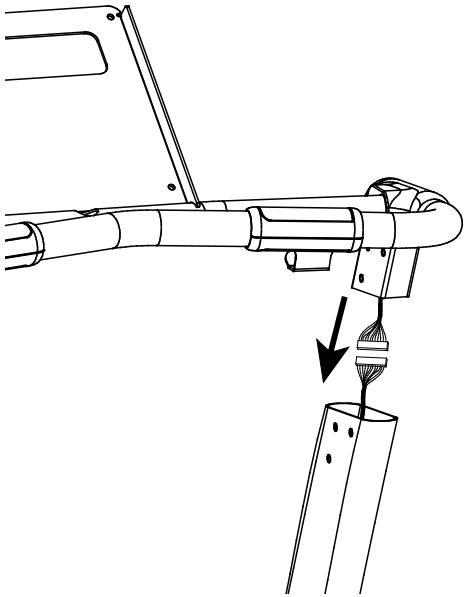


Figure 8: Base unit data cable attachment

2. Have your assistant lower the handrail assembly onto the upright supports. Tip the assembly slightly forward so the lip of each handrail cap rests on each upright support. Align the mounting holes and insert six M8 x 15 mm buttonhead screws and six 8.4 mm washers. Partially tighten the fasteners.

   Important: *Make sure the fasteners do not pinch the cable. Cables damaged by improper installation will not be covered by the Precor Limited Warranty.*

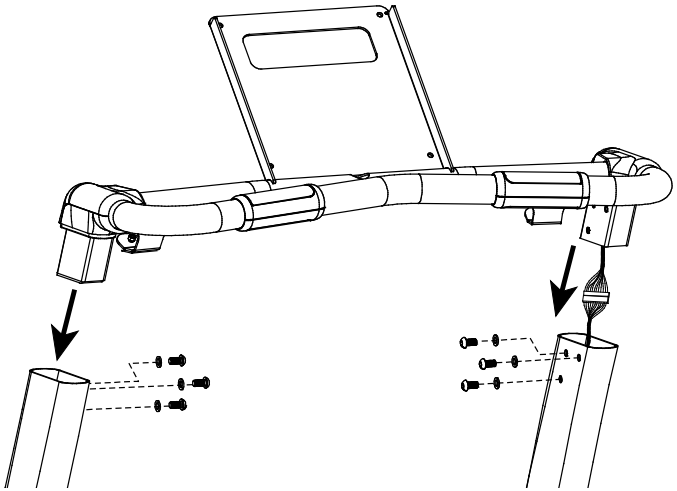


Figure 9: Handrail assembly

Tightening the Fasteners

Tighten the base screws in the order presented below.

To tighten the base fasteners:

1. Use a 5 mm hex key to alternately tighten the four front upright screws.
2. Use the 6 mm T-handle hex wrench to fully tighten the four socket head screws through the sides of the upright supports.
3. Use the 5 mm hex key to fully tighten the six screws that secure the handrail assembly to the upright supports.

Attaching the Console

Remove the display console from its box and protective packaging. Cut any wire ties that secure the cables to the center handrail.

To attach the display console:

1. Ask your assistant to hold the display console above its mounting bracket while you connect the cables to their appropriate receptacles on the back of the display console.

   Note: Each connector contains a tab that helps you align it properly.

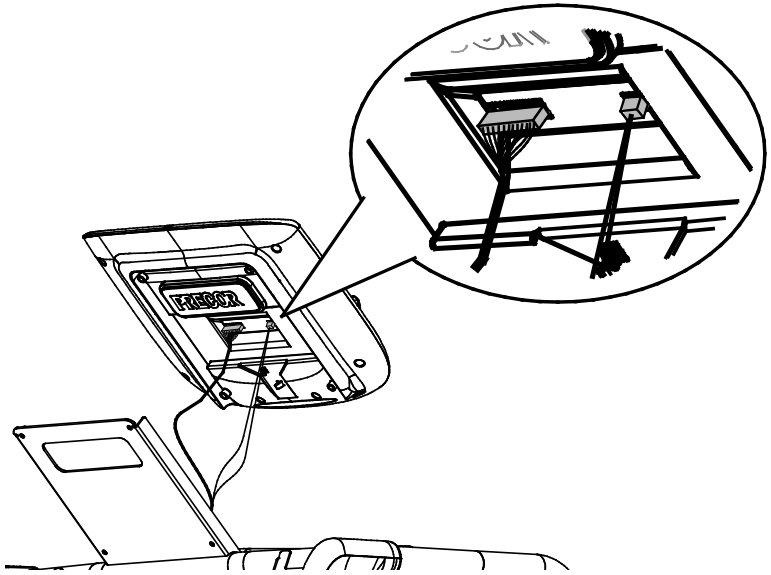


Figure 10: Console cable attachments

2. Secure the cables under the clips in the indented area on the back of the display console and lower the display console onto its bracket.

   Important: *Make sure that the cables are tucked into the cable clips before you place the console on the bracket.*

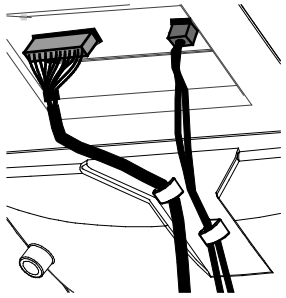


Figure 11: Cable clip locations

3. Feed excess cable into the center handrail.
4. Set the console onto the console bracket. It should sit flush on the console without gaps. If there is a gap, check to make sure that now wires are being pinched.
5. Align the four mounting holes with the back of the display console and secure it using four M6 x 15 mm buttonhead screws and four 6.5 mm washers. Fully tighten the fasteners using a 4 mm hex key.

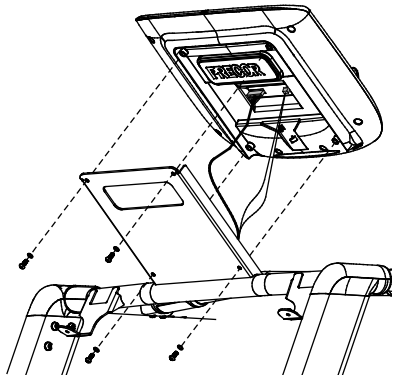


Figure 12: Console attachment

Completing the Assembly

The bottle holders attach to brackets on either side of the display console.

To attach the right and left bottle holders:

1. Slide the two bottle holders onto their brackets and secure each using an M5 x 10 mm buttonhead screw and 5.2 mm washer. Fully tighten each screw.

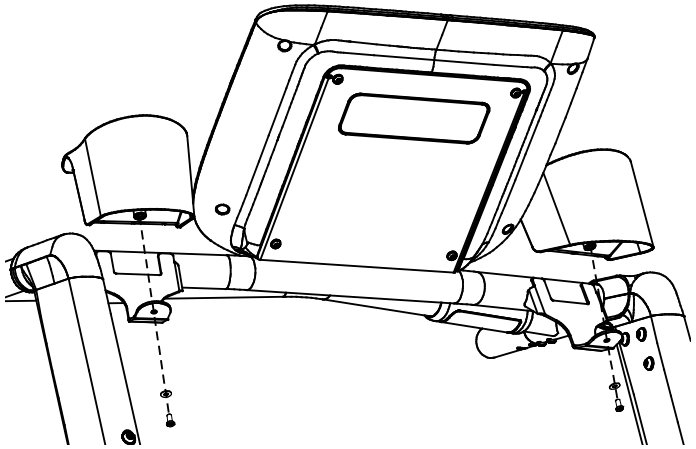


Figure 13: Bottle attachments

2. Place the magnetic stop key into the cutout on the display.

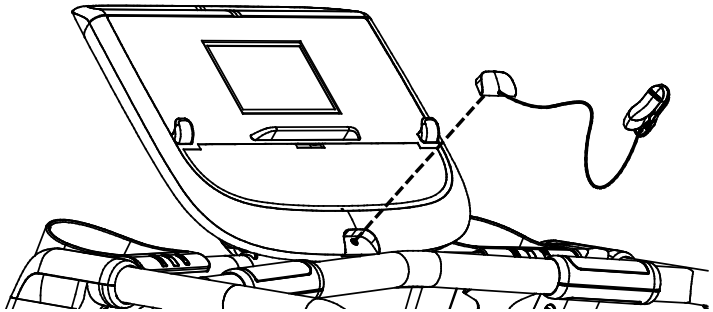


Figure 14: Stop key attachment

Removing the Protective Film

The treadmill ships with a protective film over the Precor logos and on the face of the console. To remove the film, grasp the edge of it and peel it off the equipment.

Leveling the Treadmill

Important: *Before using the treadmill, make sure it is completely level and that it sits evenly on the floor.*

To ensure that the treadmill is completely level, you should check it in two directions:

- from side to side (across the belt)
- from front to back (along the belt)

The treadmill should be leveled to *center* or *zero*, depending on the type of level you use. If adjustments are needed, adjust one rear foot at a time.

To check the level of the treadmill:

1. Place the level across the treadmill belt as shown in the following figure. Make sure the level reads at center or zero, depending on the type of level you use.

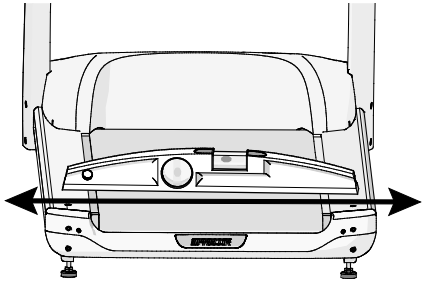


Figure 15: Level position across belt

2. Place the level along the belt front to back as shown in the following figure. Make sure the level reads at center or zero, depending on the type of level you use.

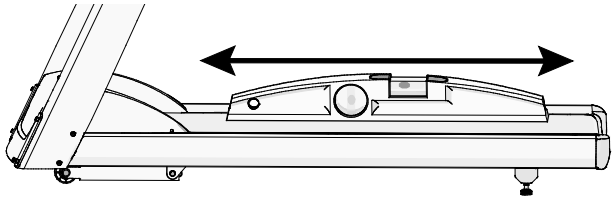


Figure 16: Level position along belt

To level the treadmill:

1. Ask your assistant to lift the rear portion of the treadmill.

   Important: *Use proper lifting techniques when lifting the treadmill.*
2. Loosen the upper lock nut with a 17 mm open-end wrench and rotate the rear foot to raise or lower the treadmill.

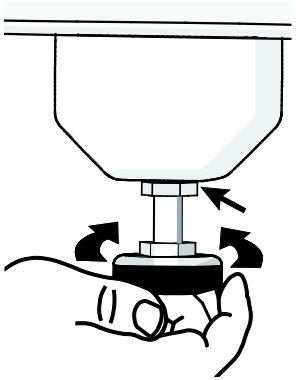


Figure 17: Lock nut location and foot adjustment

3. Fully tighten the lock nut and lower the treadmill to the floor.

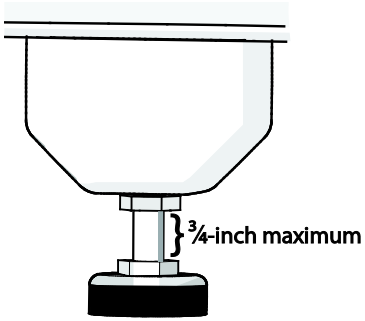


Figure 18: Proper positioning

Note: The distance between the lock nut and foot should be no more than ¾ inch (2 cm).

4. Repeat this procedure to adjust the other rear foot if needed.

Checking the Alignment

Proper belt alignment allows the belt to remain centered and ensures smooth operation. Realigning the belt takes a few simple adjustments. If you are unsure about this procedure, call Precor Customer Support. Refer to *Obtaining Service*.

CAUTION: Special care must be taken when aligning the running belt. Turn Off the treadmill while adjusting or working near the rear roller. Remove any loose clothing and tie back your hair. Be very careful to keep your fingers and any other object clear of the belt and rollers, especially in front of the roller and behind the deck. The treadmill will not stop immediately if an object becomes caught in the belt or rollers.

To check the alignment:

1. The treadmill has adjustable rear feet. Make sure that the running surface is level before aligning or adjusting the running belt. For more information, see *Leveling the Treadmill.*
2. Connect the power plug to an appropriate dedicated circuit and turn the unit **On**.
3. Stand beside the treadmill and press **QUICKSTART**.

   Note: If needed, enter the password. Refer to your owner's manual. The running belt starts automatically after a 3-second countdown appears on the display.
4. Increase the treadmill belt speed until the display shows a speed of 3 mph (5 kph).

   CAUTION: If you hear any chafing or see that the running belt appears to be getting damaged, stop the running belt immediately by pressing the red STOP button. Contact Precor Customer Support.
5. Walk around to the rear of the unit and observe the belt for a few minutes. The belt should run centered along the running bed. If the belt drifts off center, you will need to make adjustments. Refer to the next section.

   Important: *If the belt needs alignment, make the adjustments at once. Failure to align the belt may cause the belt to tear or fray, which is not covered by the Precor Limited Warranty.*
6. To stop the running belt, press the red **STOP** button.
7. Turn the treadmill **Off**.

Adjusting the Running Belt

If you are unsure about adjusting the running belt, contact Precor Customer Support. Refer to *Obtaining Service*.

CAUTION: For your safety, use the power switch to turn Off the treadmill before making any adjustments. Do not adjust the running belt when someone is standing on the unit.

To adjust the running belt:

1. Locate the right belt adjustment bolt in the rear end cap of the treadmill.

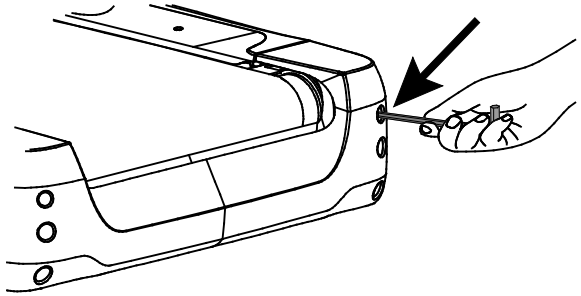


Figure 19: Belt adjustment bolt location

2. To determine left and right, stand at the rear of the treadmill and face the display. Make all belt adjustments on the right rear corner bolt using the 6 mm hex key.
   - If the belt is off center to the LEFT, turn the adjusting bolt ¼ turn counterclockwise, which moves the running belt to the right.
   - If the belt is off center to the RIGHT, turn the bolt ¼ turn clockwise, which moves the belt to the left.

   Important: *Do not turn the adjusting bolt more than ¼ turn at a time. Overtightening the bolt can damage the treadmill.*
3. Recheck the alignment of the running belt.

Precor Incorporated
20031 142nd Ave NE
P.O. Box 7202
Woodinville, WA USA 98072-4002
1-800-347-4404

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Energy™ Series TRM 211 Treadmill Assembly Guide
303160-110 rev A, en
March 2014

PRECOR®

Residential Cardiovascular Equipment

Limited Warranty

For Elliptical Fitness Crosstrainers™:

- Precision Series (EFX® 447, 425, and 423)
- Energy Series (EFX® 245, 225, 222, and 221)

For Treadmills:

- Precision Series (TRM 445 and 425)
- Energy Series (TRM 243, 223, and 211)

PLEASE READ THESE WARRANTY TERMS AND CONDITIONS CAREFULLY BEFORE USING YOUR PRECOR INCORPORATED PRODUCT. BY USING THE EQUIPMENT, YOU ARE CONSENTING TO BE BOUND BY THE FOLLOWING WARRANTY TERMS AND CONDITIONS.

Limited Warranty

Precor Incorporated warrants all new Precor products to be free from defects in materials and manufacture for the warranty periods set forth below. The warranty periods commence on the invoice date of original purchase. This warranty applies only against defects discovered within the warranty period and extends only to the original purchaser of the product. Parts repaired or replaced under the terms of this warranty will be warranted for the remainder of the original warranty period only. To make a claim under this warranty, the buyer must notify Precor or his or her authorized Precor Distributor within 30 days after the date of discovery of any nonconformity and make the affected product available for inspection by Precor or its service representative. Precor's obligations under this warranty are limited and set forth below.

Warranty Periods and Coverage

Represented models of residential products used in the home are warranted for the following periods:

	Precision Series	**Energy Series**
Structural frame and welds:	Lifetime	Lifetime
Parts and wear items:	10 years	5 years
Console:	3 years	3 years
Labor:	1 year	1 year

The following section defines coverage for options and accessories.

Options / Accessories

Many options or accessories have components that are connected internally or mounted inside the electronic console. The following guidelines determine the warranty for these components. If the internal components are installed by the factory or by an authorized dealer or distributor as part of the original sale and delivery, they have a warranty that is identical to the warranty of the equipment in which they are connected or mounted. If the internal components are not installed by the factory or by an authorized dealer or distributor as part of the original sale and delivery, they have a 90-day parts and labor limited warranty. All components that are not internally connected have a 90-day parts only limited warranty. Satisfactory proof of purchase is required in all cases.

Conditions and Restrictions

This warranty is valid only in accordance with the conditions set forth below:

1. The warranty applies to the Precor product only if:
    a. It has been serviced by a Precor Authorized Service Provider and/or Precor Certified facility staff. Outside of North America, the product must have been serviced by the local Precor sales office or an Authorized Precor Distributor.
    b. It remains in the possession of the original purchaser and proof of purchase is demonstrated.
    c. It has not been subjected to accident, misuse, abuse, improper service, or non-Precor modifications.
    d. Claims are made within the warranty period.

2. This limited warranty does not cover damage or equipment failure caused by electrical wiring not in compliance with electrical codes or Precor owner's manual specifications, or failure to provide reasonable and necessary maintenance as outlined in the owner's manual.
3. This limited warranty applies only to Precor products designed for residential use only and is void in the event such products are used in a nonresidential environment or installed in a country other than the country where such products were originally sold.
4. Moving parts bolted to the structural frame are not included in the "Structural Frame" warranty (for example, moving arms, seat and back pad assemblies, cross ramp assemblies, position adjustments, and so on).
5. Precor is not responsible for Internet connectivity to its products. This restriction applies to services, such as those provided by an Internet Service Provider (ISP), and also to hardware related to Internet connectivity, such as Ethernet cabling, routers, servers and switches.
6. Precor is not responsible for the quality of television, video, audio, or other media supplied to its products. This restriction applies to services, such as those provided by a cable or satellite television provider; to signal strength and clarity; and also to hardware related to the reception and delivery of television, video, audio, and other media. Such hardware may include (but is not limited to) audio, video, and radio-frequency (RF) cabling, connectors, receivers, modulators, combiners, distribution amplifiers, splitters, and so on.
7. Precor cannot guarantee that the heart rate measurement system on its products will work for all users. Touch heart rate performance may vary based on a user's physiology, fitness level, age, and other factors. You may experience an erratic readout if your hands are dry, dirty, or oily, or if the skin on your palms is especially thick. Wearing hand lotion can also cause an erratic readout. In addition, make sure that the sensors

are clean to ensure proper contact can be maintained. If the touch heart rate feature does not work for you, Precor recommends that you use a chest transmitter strap.

8. Precor does not warranty the work or product of third party companies (e.g., head end systems, low voltage wiring, etc.)
9. Except in Canada, Precor does not pay labor outside the United States.
10. Warranties outside the United States and Canada may vary.

Please contact your Precor sales office or local Distributor for details.

This limited warranty shall not apply to:

1. Software version upgrades.
2. Software defects that do not materially and negatively affect the exercise functionality of the product under normal use conditions at the time of installation.
3. Cosmetic items, including, but not limited to the following: grips, seats, and labels, or other items, the exterior of which has been damaged or defaced as a result of abuse, misuse, accident, improper service or installation, mishandling, or modification in design or construction not authorized by Precor including, without limitation, use or incorporation of any non-OEM (Original Equipment Manufacturer) replacement parts.
4. Cosmetic, structural, or functional damage (including rust, corrosion and unusual wear) caused by failure to follow the maintenance procedures described in the owner's manual.
5. Repairs performed on Precor equipment missing a serial number or with a serial tag that has been altered or defaced.

6. Service calls to correct installation of the equipment or instruct owners on how to use the equipment.
7. Pickup, delivery, or freight charges involved with repairs.
8. Any labor costs incurred beyond the applicable labor warranty period.

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Exclusive Remedies

For any product described above that fails to conform to its warranty, Precor will provide, at their option, one of the following: (1) repair; (2) replacement; or (3) refund of the purchase price. Precor Limited Warranty service may be obtained by contacting the authorized Distributor from whom you purchased the item. Precor compensates Precor Authorized Servicers for warranty trips within their normal service area to repair equipment at the owner's location. You may be charged a trip charge outside the service area. THESE SHALL BE THE SOLE AND EXCLUSIVE REMEDIES OF THE BUYER FOR ANY BREACH OF WARRANTY.

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Precor Incorporated
20031 142nd Ave NE, P.O. Box 7202, Woodinville, WA 98072-4002
1-800-347-4404 • **www.precor.com**

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